How To Lose Weight
&
Maintain It

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Unclassified

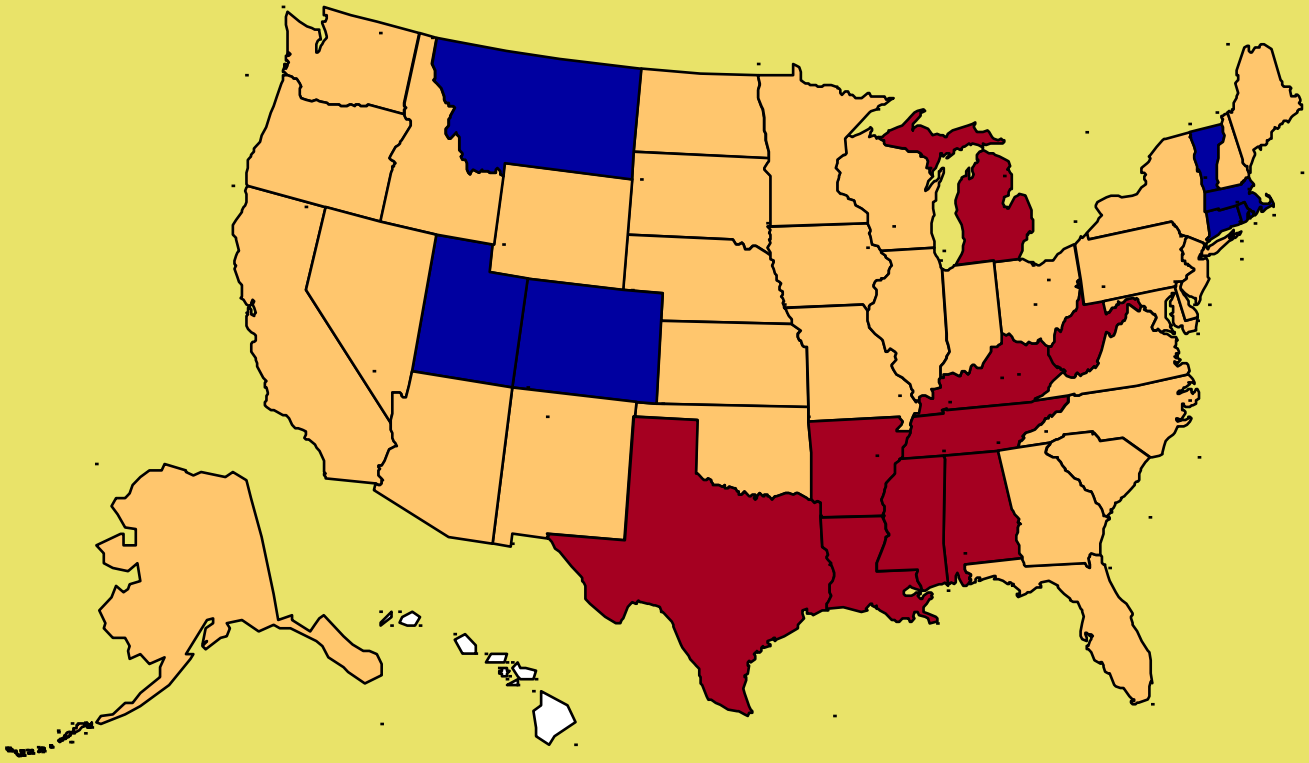
Overview

- Why is a healthy weight important?
- Lifestyle assessment
- Healthy Eating
- Physical Activity
- Behavior Modification
- Weight Maintenance
- Conclusion
- Summary
- Questions

Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)



No Data <10% 10%–14% 15%–19% 20%–24% ≥25%

Body Mass Index

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	50
Height	Weight in pounds															
58"	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215	239
59	94	99	104	109	114	119	124	129	133	138	143	148	173	198	223	247
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204	230	256
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211	238	264
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218	246	273
63	107	113	118	124	130	135	141	147	152	158	163	169	197	225	254	282
64	111	116	122	128	134	140	145	151	157	163	169	174	204	232	262	291
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240	270	300
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247	278	309
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255	287	319
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262	296	328
69	128	135	142	149	156	162	169	176	182	189	196	203	236	270	304	338
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278	313	348
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286	322	358
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294	331	368
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302	341	378
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311	350	389
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319	360	400
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328	369	410

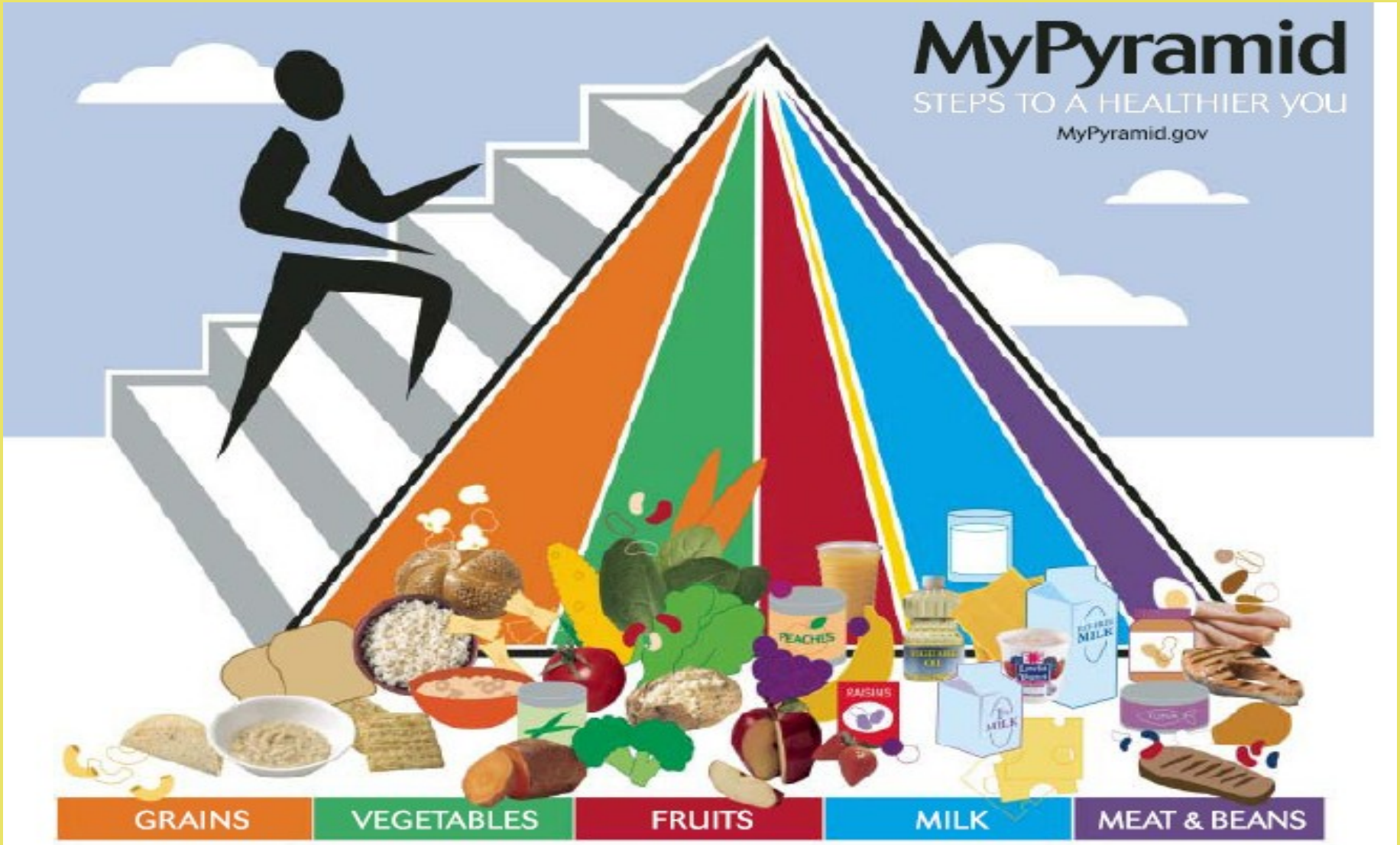
Why Is a Healthy Weight Important?

- High Blood Pressure
- High Blood Cholesterol
- Type 2 Diabetes
- Coronary Heart Disease
- Stroke
- Early Mortality
- Gallbladder Disease
- Osteoarthritis
- Sleep Apnea
- Some Cancers
  - Endometrial
  - Breast
  - Prostate
  - Colon

Lifestyle Assessment

- Meal patterns
- Types of foods
- Amount of food
- Eating behavior
- Inactivity

Healthy Eating

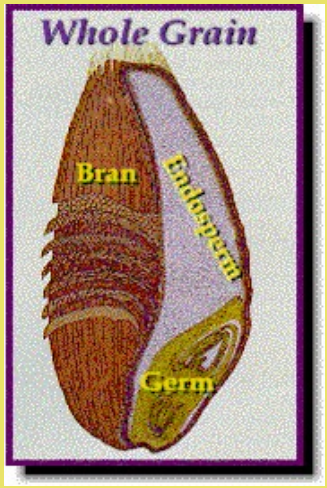


Food Groups

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day

Grains

- Make ½ of your grains whole



Whole **Refined**

Whole	Refined
Whole wheat flour	White flour
Whole cornmeal	De-germed corn
Whole wheat bread	White bread
Whole wheat pasta	Pasta
Brown rice	White rice

- **1oz equivalent:**

1 slice of bread
5 crackers
1/2c cooked pasta, rice or cereal
1c ready-to-eat cereal

Leader Nutrients:

Dietary Fiber
Several B Vitamins
Folate(folic acid)
Iron
Magnesium
Selenium

Vegetables

- **Choose a variety of other vegetables regularly**
  - Dark green: broccoli, spinach, collard, raw leafy greens
  - Orange: carrots, pumpkin, sweet potato, winter squash
  - Dry beans & peas: black, kidney, pinto, black eyed peas
  - Starchy: corn, green peas, white potatoes
- **1c equivalent:**
  - 1c raw or cooked vegetables
  - 1c vegetable juice (100%)
  - 2c raw leafy greens
- **Leader Nutrients**
  - Potassium, Dietary Fiber, Folate (folic acid), Vitamins A, C, & E

Fruits

- **Focus on a variety of fruits**
  - Fresh, frozen, canned (in water, it's juice or light syrup) or dried
- **1c equivalent:**
  - 1 medium fruit
  - 1c fruit juice (100%)
  - 1 c sliced or diced, raw, cooked, canned or drained
  - ½ dried fruit
- **Leader Nutrients:**
  - Potassium, Dietary Fiber, Folate, Vitamin C

Milk

- **Get your calcium-rich foods**
  - Low-fat or fat free milk, yogurt, and other milk products
- **1c equivalent:**
  - 1c milk or yogurt
  - 1.5oz natural cheese
  - 2oz processed cheese
- **Leader Nutrients**
  - Calcium
  - Potassium
  - Vitamin D

Meat & Beans

- **Go lean with protein**
  - Low-fat or lean meats & poultry
- **1oz equivalent:**
  - 1oz cooked meat, poultry or fish
  - 1/4c cooked dry beans
  - 1 egg
- **Why include fish, nuts and seeds?**
  - Can boost intake of mono/polyunsaturated fatty acids
  - Some fish are high in omega-3 fatty acids (PUFA)
  - Some nuts and seeds are excellent sources of vitamin E
- **Leader Nutrients:** Protein, Several B Vitamins, Vitamin E, Iron

Oils

- **Know your limits**
  - Limit solid fats like butter, margarine, shortening and lards or foods containing these foods
- **Why is it important to consume oils**
  - Most of your fat should be MUFA or PUFA
  - The MUFAs and PUFAs found in fish, nuts and vegetable oils do not raise “BAD” cholesterol levels in blood
- **1 serving equivalent:**
  - 1Tbsp vegetable oil
  - 1Tbsp mayonnaise
  - 2Tbsp Italian dressing
  - 2Tbsp peanut butter

Physical Activity

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy bo weight:
  - To reduce risk of chronic diseases: 30 minute
  - To manage body weight : 60 minutes
  - To sustain weight loss: 60 – 90 minutes

- Include cardiovascu , stretching, and resistance exerc

Behavior Modification

- Set the right goals
  - Specific
  - Realistic
  - Forgiving
    - " I'll walk 30 minutes, 4 days each week"
- Reward success
- Balance your "food checkbook"
- Avoid a chain reaction
- Get the "fullness" message

Weight Maintenance

- A re-gain of less than 7 pounds in 2 years and a sustained lowered waist circumference reduction of at least 2 inches

  - Maintain a healthy diet
  - Aim for 60 – 90 minutes of physical activity

Conclusion

The ultimate goal when modifying lifestyle for weight reduction is a balance between diet and routine physical activity, but not depriving diet.

Summary

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Questions